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Annual Report 2013/2014

counsellingeastalgoma.ca



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Report from the Chair

“The greatest good you can do for another is not just to share your riches but to reveal to him his own.”

- Benjamin Disraeli

Welcome to the Report from the Board Chair 2014! I will make it shorter this year as I know for a fact that you did not read last year’s report to the finish and I had put nice things about everybody at the end.

This is our year for negotiations. We spent many months and a full Board Planning Retreat working on a plan to amalgamate and coordinate services with community partners, in line with the Local Health Integration Networks’ initiatives.

These plans have been put on hold as we now negotiate our first Collective Agreement with our staff. This is a lengthy and interesting process where we take a good look at our existing practices and policies. We hope to resume our community partnerships once the agreement has been signed.

Our programs have undergone some changes. The Sexual Assault Worker position’s hours reflect the true funding available and our PAR funders have

mandated changes to the group format. Our daytime Crisis Program is ongoing and we thank our staff for their flexibility and professionalism in rolling with these changes, always providing excellent counselling to those in need. Each staff member’s strengths contribute to the whole.

We know that the nature of the work precludes others’ understanding of the impact the counsellors have on peoples’ lives. As Board members, we hear stories from our friends and families of the wonderful work the counsellors at CCEA do.

A special Thank You to those counsellors who have spent many years with us building a strong reputation. You bring professional dignity to the work being done.

“At this very moment, there are people only you can reach and differences only you can make.”

- Mike Dooley

We welcome two new positions, the Data Integrity Specialist and Manager. These positions will give our administration support so that the needs of the community can be assessed and responded to in a timely manner, while the agency has a strong accountability structure.

We are honoured to have strong partnerships with our fellow community agencies and thank them for their continued trust and collaboration. Thank you as well to my fellow board members who are a dedicated and thoughtful group of community members. Your commitment to the agency and its work is reflected in our discussions at every meeting!

C. Britton-Foster
Board Chair

A Message from the Executive Director

The Counselling Centre of East Algoma was built from a vision held by a small group of community members in 1972. At that time, it was felt that the burgeoning community of Elliot Lake could benefit from the services of a social worker who could assist families with the many issues they were facing at that time. Funding was provided by the Ministry of Community and Social Services and one counsellor was hired. In the forty plus years since, the agency has expanded its catchment area (offering services from our satellite office in Blind River), staff and services and has become a cornerstone of support for the East Algoma area.

We are very proud of our partnerships with other service providers and are humbled by the support we have received when offering educational opportunities in the East. In partnership with Algoma Family Services, we hosted a two day training event related to working collaboratively with high risk clients and were thrilled to have over 50 individuals attend. A process is evolving from that training so that we will have a collaborative community protocol for dealing with risk to self or others. Additionally, we were able to have a small presence as Clara Hughes brought her Big Ride through East Algoma with a stop in Blind River. Individuals arrived en masse to welcome Clara and learn more about mental health and the services

available in our area. It was incredible to see the number of people attending that event at a time when there were a number of other competing events occurring. We also had a presence at the Heroes are Human tour stop in Elliot Lake, which raises awareness of operational stress injuries and post traumatic stress often faced by emergency service professionals and volunteers. This was a valuable event for our community and all who attended. Our agency was also closely following the Public Inquiry into the Algo Centre Mall collapse and we continue to be available to those affected by this event, the inquiry and the resulting losses within the community.

This year we will bid farewell to one of our staff, as Lesley Orser leaves the agency to share her skills and experiences with clients in residence at the Camillus Centre. We wish her well and know that she will continue to be an ambassador for our agency, its programs and services. At this time too, we welcome Tiffany Cayer as Data Integrity Specialist, Rebecca Stewart to a new role as Manager of Clinical Programs and Ori Talor to our clinical counselling team. The Counselling Centre is grateful to have a competent and professional group of staff who walk with clients as they journey toward recovery and healing; whatever that means to them individually.

Our board of directors represents a cross section of our community and meets monthly with the common goal of ensuring that our agency is well positioned moving forward in a political and financial culture of restraint, increasing accountability and service demands.

“There is no formula for success except perhaps an unconditional acceptance for life and all that it brings.”

- Arthur Rubenstein

Shelley Watt Proulx
Executive Director

About the Counselling Centre of East Algoma

Board Members 2014

Cindy Britton-Foster, Board Chair

Tammi Beeson, Vice Chair

Lee Buck, Secretary/Treasurer

Henk Willems, Director

Mark Hutchinson, Director

Teri Belleau, Director

Vince Ucci, Director

Lara Hukezalie, Director

Brian Beauchamp, Director

Staff as of September 1, 2014

Nicole Bernatchez, Receptionist

Therese Boisvenue, Counsellor

Tiffany Cayer, Data Integrity Specialist

Piper Curtis, Clinical Supervisor

Brenda Frattini, Assistant Director

Andy Lalonde, Counsellor

Janice Martell, Counsellor

Katrina Meechan, Counsellor

Louise Poitras, Counsellor

Rebecca Stewart, Manager

Ori Talor, Counsellor

Monica Thompson, Counsellor

Murray Warner, PAR co-facilitator

Shelley Watt Proulx, Executive Director

Mission Statement

The Counselling Centre of East Algoma is committed to promoting healthy solutions to individual and family problems through professional counselling programs and community education.

What We Do

The Counselling Centre of East Algoma is a community based counselling agency that offers confidential counselling services to individuals, couples, families and groups in several different program areas. We are committed to providing services that are accessible to anyone living or visiting in East Algoma, regardless of their background, socioeconomic status, race, religion or ethnicity. We emphasize personal growth.



Programs and Services

Our counsellors work with clients to fully understand their circumstances and make changes that will move them toward a healthier future.

Addictions Counselling

Funded by the North East Local Health Integration Network (NELHIN), this program offers counselling to individuals struggling with their misuse and/or abuse of substances. Services are also offered to individuals affected by someone else's abuse or misuse of alcohol and other substances. The addiction program has three streams: seniors, adults and youth, and is funded by the Local Health Integration Network (LHIN).

Problem Gambling Counselling

This program provides service to individuals experiencing issues related to their problematic gambling behaviour. Within this program, we will also support those individuals affected by a loved ones gambling. Funding for this program is through a partnership with Sault Area Hospital.

Sexual Assault Program

This program provides advocacy and support to women age 16 and over who have experienced sexual abuse and/or assault. The goal of the program is to promote healing and wellness among survivors.

Jointly funded by the Ministry of Community and Social Services, the Local Health Integration Network, and the Ministry of the Attorney General.

Support Services for Male Survivors

The Male Survivor program provides free and confidential counselling support to men who have experienced sexual abuse or assault. The program supports men 16 and over to regain a sense of control over their lives by developing positive coping skills. It is designed specifically to meet men's needs in a way that speaks to men.

Funded by the Ministry of Attorney General through a North Region partnership led by Thunder Bay Counselling Centre.

Violence Against Women Counselling

This program provides advocacy and support to women who have been victims of abuse within their partner relationships. Abuse can be physical, emotional, sexual, and/or financial. We are pleased to partner with Algoma Family Services to offer the Creating Connections group for children who have witnessed violence between their caregivers. Funded by the Ministry of Community and Social Services, the goal of this program is to make our community safer for women and children, while fostering change initiated at the clients pace.

Partner Assault Response Program

The Partner Assault Response Program (PAR) aims to eliminate violence against women/men and children by holding perpetrators of family violence accountable for their actions and is funded by the Ministry of the Attorney General.

General Counselling

Clients who receive counselling within the general program are coping with stressors which do not fall into one of the other program areas. Some of these issues might be: anxiety/stress, couple conflict, grief, self-esteem, anger management, parent/ child relationship, tragic events response etc. This program is funded by the North East Local Health Integration Network (NELHIN).

Crisis Response Services

This program is funded by the NELHIN and offers timely response to individuals who may be overwhelmed by their circumstances or feeling that they are unable to cope. Our partnership with Sault Area Hospitals Crisis Service allows for mobile daytime response to crisis within the community.

The Centre gratefully acknowledges funding from the Ministry of Community and Social Services, Ministry of the Attorney General and the North East Local Health Integration Network.

Statement of Operations Year ended March 31, 2014

Revenues

	2014	2013
Deferred contributions, beginning of year	\$ -	\$ 9,500
Provincial grants and subsidies	922,302	784,484
Counselling fees	99,833	45,878
Interest and other income	38,829	3,841
Fundraising	-	17,366
	1,060,964	861,069

Expenditures

	2014	2013
Salaries and wages	657,955	483,022
Employee benefits	131,634	100,422
Office and general	56,668	36,608
Professional fees	43,691	15,181
Rent	32,768	29,204
Program supplies and materials	31,084	35,069
Capital expenditures	30,211	26,552
Travel	20,604	11,561
Staff training	15,262	609
Telephone	15,205	13,923
Insurance	12,977	14,176
Memberships	7,752	5,984
Advertising	3,468	23,603
Fundraising	-	23,946
Capacity building	-	3,455
	1,059,297	823,315
Excess of revenues over expenditures, before undernoted item	1,667	37,754
Repayable to funder	(6,723)	-
Excess (deficiency) of revenues over expenditures	\$ (5,056)	\$ 37,754

Program Statistics 2013-2014

Year ended March 31, 2014

Addictions Program

Total number of cases	166
Average counselling sessions	11
Total number of groups	5

Violence Against Women

Total number of cases	52
Average counselling sessions	7
Total number of groups	3

Sexual Assault Program (female)

Total number of cases	50
Average counselling sessions	14
Total number of groups	1

Sexual Assault Program (male)

Total number of cases	13
Average counselling sessions	13

Partner Assault Response Program

Total number of cases	38
Average counselling sessions	16
Total number of groups	3

General Counselling

Total number of cases	585
Total number of groups	3
Total number of group participants	19

Crisis Program

Total number of cases	309
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Problem Gambling

Total number of cases	5
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Employee Assistance Contracts

Number of EAP contracts	13
Total number of cases	155

Educational Sessions

Total number of sessions	31
Total number of participants	148

Total number of cases (individual/family) 1373



Counselling Centre of East Algoma

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www.counsellingeastalgoma.ca



The financial information provided in the Annual Report is a summary only of information contained in the Centre's audited financial statements. Copies of the Audited Financial Statements are available upon request.

The Centre gratefully acknowledges funding from the Ministry of Community and Social Services, Ministry of the Attorney General and the North East Local Health Integration Network.

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